

# "Y"OUR MEMBER CONNECTION



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

DECATUR COUNTY FAMILY YMCA

1 YMCA Way, Greensburg, IN 47240

December 2019

[decatourcountyfamilyymca.org](http://decatourcountyfamilyymca.org)

THE Y. FOR A BETTER US™

## CHRISTMAS THROUGH A CHILD'S EYES....

On Friday, December 13th we held our 2nd Annual Preschool Christmas Concert. Music class is still part of our curriculum and one of our teachers, Sara Kreischer, help the children learn their songs. She met with each class and spent 20-30 minutes with them twice a month. The students are very engaged and are learning different instruments, their sounds, and of course there is much singing and dancing. This year's concert included chart topping favorites like We Wish You a Merry Christmas, Reindeer Hokey Pokey and our favorite, Way Up High in the Christmas Tree! We performed two concerts, one for our Morning Classes and one for our Afternoon and the gym was full! We had more than 300 people come and enjoy the children's performance. We can't wait to entertain everyone again next Christmas!



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"Turkey" Fills Baskets for Those in Need  
The Results are In  
Early Christmas Present  
Camp Kids At Humane Society  
Thank you Veterans  
Donate Today!

## ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

## QUESTIONS, COMMENTS, IDEAS?

Contact Dawn Ernstes, at [dawnb@dcfymca.org](mailto:dawnb@dcfymca.org).

## DELAY THE DISEASE COMING IN 2020!

In October 2019, Dawn Ernstes, Wellness Coordinator/ Group Fitness Instructor and Deena Hamer, Group Fitness Director/ Group Fitness Instructor attended a training in Columbus, Ohio for a



new program designed to help people with Parkinson's Disease called Delay the Disease. Delay the Disease™ is an evidenced-based wellness program that empowers people with PD to live better, experience new levels of hope by optimizing function and restoring independence. Designed by leading Parkinson's fitness specialists David Zid (BA, ACE, APG), OhioHealth Director of Movement Disorder and Musculoskeletal Wellness, and Jackie Russell (RN, BSN, CNOR) Program Development Coordinator. This national wellness program is designed to retrain the mind and body. Participants report improvement in quality of life, regained ability to successfully manage the disease, and regain control. This program targets daily functional challenges and symptom-specific fitness agendas. Exercise plans are adapted to all levels of the disease, valuable to newly diagnosed and progressed states alike. David and Jackie see changes in all participants and boast "It's never too late to start exercise, and certainly never too early!" Classes will be on Tuesday and Fridays from 1:00 pm - 2:00 pm. Cost will be \$35.00 for YM and \$70 PM. The class will begin on Tuesday, January 7th. You can choose to sign up for 2 x/ week or 1 x/ week classes. Please see Dawn or Deena if you have any additional questions. "We look forward to seeing everyone in class and can't wait to bring this program to the residents of Decatur County and the surrounding areas, said Dawn and Deena.



## GOT EMAIL?

Please stop by the Front Desk to be sure we have the correct email on file for you. Your name will be entered in a drawing for a YMCA Cell Phone Case!

# HALLOWEEN MADNESS

Our Halloween Carnival in October was another HUGE success for the young ones in our Community. Everyone who arrived in costume were given a FREE Glow necklace, compliments of WTRE. Halloween candy overflowed in the young ones buckets as they made their way through Halloween-themed games, climbed the climbing wall, got their face-painted and enjoyed a Hay ride. A great time was had by all. This year we offered four different categories for the costume contests for the little ones to show off their costumes. Those categories were: Scariest, Cutest, Super Hero and Most Original. Congratulations to all the children who participated in the costume contest and to all the winners!



Most Original

This year our Preschool staff and Front Desk staff got in on all the Fun of Halloween too!



# THANK YOU KB FOODS AND ITS TEAM OF VOLUNTEERS!

Decatur County's United Fund Day of Caring is the largest one-day volunteer led community event in our community. This year, the Day of Caring took place on Wednesday, September 18 with many non-profit agencies in our area receiving help from local volunteers. Our Volunteer Team this year was KB Foods and its team of volunteers. This year's team tidy up the flower beds out in front of our building and sealed the Playhouse for our Preschools kids. All of their hard work helped our campus look more beautiful than ever and will allow our kiddos to have a playhouse that looks amazing! Thank you again KB Foods for all your wonderful help!



# TURKEYS IN DISGUISE



Our Preschoolers this year had a very important job for Thanksgiving. They were assigned with the task of protecting the Turkey. Their job if they chose to help was to disguise the Turkey, so no one could find him and eat him. What they came up with was very creative to say the least. Can you find the Turkey?

# EVERYONE SHOULD RUN IN NOVEMBER...

The Decatur County Family YMCA held its 42nd Annual Tree City Run on Saturday, November 23, along with the 5th annual Pump & Run.

On a cold, rainy and dreary day, 36 participants headed out to run or walk a 5K or to run a 10K for the Y's final race of the season.

Two participants participated in the PUMP and RUN which allowed them to take seconds off their running time!

Congratulations to all our competitors and to the winners!

**10K run, 1st male finisher:**

Eric Wolter 47:49

**10K run, 1st female finisher:**

Mollie Hunter 1:01:38

**5K run, 1st male finisher:**

Jeff Rhoades 22:15

**5K run, 1st female finisher:**

Sara Kelso 25:24

**5K walk, 1st female finisher:**

Cynthia Morrison 45:31



Terry Specht, of Indianapolis, braving the elements during the Tree City Run on November 23, 2019!

**ALWAYS WELCOME  
IN EVERY  
COMMUNITY**

Nationwide Membership  
DECATUR COUNTY FAMILY YMCA

## "TOM THE TURKEY" WAS BACK AND FILLED BASKETS TO GIVE TO THOSE IN NEED AT THANKSGIVING



Here at the Decatur County Family YMCA we take pride in giving back, to our community. This year, we followed in tradition with getting together as a community and giving thanksgiving baskets to those in need. Although the number was high we gratefully created eight full baskets! Within each basket we included an 8 to 12 pound turkey, a bag of potatoes, and many other items traditionally known for thanksgiving. We would like to thank every person who donated food to our baskets. Also, we'd like to thank our afterschool staff and kids for decorating the baskets!

## PRESCHOOL GETS AN EARLY CHRISTMAS PRESENT!



Our Preschool kids were surprised with homemade aprons for all of their classrooms. Sharon Mang, a member and grandparent of a preschooler donated them. The students love them and use them often. She has made a policeman, fireman, and even Batman/Batgirl (depending who is wearing the apron.) Thank you Sharon, our kiddos love the aprons!

## THE RESULTS ARE IN!



The Biggest Loser 8- week challenge ended on November 5. "We had some really great results and some who made a great effort to lose weight," said Fitness Director Deena Hamer. There were 15 participants in this year's program that worked their way through

weekly challenges.

Our winner by pounds, body fat loss, inches and points was Pam White. "She worked her tail off literally, losing a whopping 24.2 pounds, 4.1% body fat, and 5 inches off of her waist," Hamer said. She finished with 318 points, a result of accomplishing every challenge that the program asked participants to do and trying all of the classes, except one of the cycling classes, in which she just couldn't get to. She weighed in each week and took advantage of the free appointment with the Decatur County Memorial Hospital's dietitian (Melissa Yake) to set up a diet plan. "All of her efforts paid off! She received a six month membership for winning the challenge," said Deena.

Our second place winner was Billie Jo Power with 255 points. Her efforts gave her a 3 month membership for coming in 2nd place in the challenge. Ann Alverson came in 3<sup>rd</sup> with 229 points, Cindy Menkedick came in 4<sup>th</sup> with 215, and Tom Ogden came in 5<sup>th</sup> with 195. There were others that had some impressive weight loss results. Mary E Meyer lost 12.8 lbs. and 1.0% BF, Ryan Walsman lost 10.6 lbs., 2.1% BF, Stacey Abell lost 7.2 lbs., .9% BF, Ann Alverson lost 4.2 lbs., 4.6% BF, and Cindy Menkedick lost 4 lbs., and .5% BF.

"I was very proud of all of the participants for making the effort for success," Hamer said. Deena also added, "Our next weight loss program, New Year "New You" Transformation, will start on January 6, 2020 and I hope to see more people signed up for that one!"

## CAMP KIDS GIVE BACK TO THE GREENSBURG HUMAN SOCIETY

"Over fall break the camp kiddos helped at the Humane Society. They asked for donations of food and supplies for the animals and we were very blessed to receive many items. The campers also helped by walking and playing with the dogs, spending time with the cats, and painted the dog houses. They enjoyed themselves and are sure to ask to return at another date," Donna Dykes Child Care Director.



## THANK YOU VETERANS!

Our After School kids wanted to show their support of our Veterans by making a beautiful wreath and displaying it at the Greensburg Elementary School to honor the Veterans of Decatur County and all over the United States on Veterans Day! Way to Go students, what a great project!

# YOUTH DEVELOPMENT, HEALTHY LIVING AND SOCIAL RESPONSIBILITY

DECATUR COUNTY FAMILY YMCA  
1 YMCA Way  
Greensburg, IN 47240  
812.663.9622

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## DONATE TODAY!

The holidays provide time for gratitude and reflection, and we want to thank you for being a member of our Y. The Y is the place for everyone in our community to belong, and financial donations help us remain relevant and available to all.

As a charitable organization, the Y provides financial assistance to those who cannot afford the cost of programs, membership, or services. Membership dues support our facility and operations, not financial assistance. We rely on the generosity of members and friends to ensure the Y remains affordable and accessible to all. As you know, at the Y, lives are changed every day. Donations help give kids, teens, and adults – of all ages and backgrounds – a better chance to reach their full potential.

Thank you for considering a tax-deductible donation to the YMCA where you can see lives being positively affected every day!

To make a donation, please click the **DONATE NOW!** tab on our website or mail your donation to 1 YMCA Way, Greensburg, IN 47240 Attn: Diane Hart-Dawson or visit us at the Y so we can thank you in person!

Your donations  
make a  
difference  
everyday at the  
YMCA! **DONATE  
TODAY FOR A  
BETTER US!**



## STAY CONNECTED

You can always stay connected with your Decatur County Family YMCA on all our social media platforms!

Follow us on Facebook:  
[@decatourcountyfamilyymca](https://www.facebook.com/decatourcountyfamilyymca)

Tweet with us on Twitter:  
[@dcfymca](https://twitter.com/DCFYMCA)

Like us on Instagram:  
[@dcfymca](https://www.instagram.com/DCFYMCA)

Find out about us on the website  
[www.decatourcountyfamilyymca.org](http://www.decatourcountyfamilyymca.org)



## Sessions 1&2 Program Guide is READY!

Stop by the Front Desk to pick up your copy or download a copy at:  
[www.decatourcountyfamilyymca.org](http://www.decatourcountyfamilyymca.org)